

12 Refreshing Replies

Patricia Morgan © 2004

When others:

1. Ask, "How is life treating you?" consider saying "I am treating life well."
2. Ask you to do something to which you want to say "no" but you find that word hard to verbalize, consider saying, "It's not good for me to say 'yes.'"
3. Ask "What should I do about . . .?" consider asking them, "How can I help you make your own wise decision?"
4. Ask, "Are you still dating that jerk?" (or other invasive, judgmental or personal questions), consider asking, "Why are you so interested?"
5. Say, "Sorry," when they enter the elevator with you, consider saying, "I'm fine. No injury."
6. Say, "You *should* clean up your dump of a house (or whatever)," consider saying, "I hear you *want* me to clean up my dump of a house. Interesting desire of yours."
7. Say "Just kidding" after doing something that has triggered you into feeling hurt, consider saying, "You say you are just kidding but I feel hurt."
8. Say, "I'm so sorry, I misspelled your name (or whatever)," consider saying, "No problem."
9. Say, "Dear me, he broke down," consider saying, "Do you mean he had a good cry?"
10. Are familiar to you but their names escape you, consider saying, "I'm Patricia (just in case they forgot yours) with a memory blank. Please remind me of your name."
11. Criticize you, consider saying, "Thank you for sharing your opinion." Then you are free to decide if you agree or not.
12. Offer you a compliment say, "Thank you." Don't trash their verbal gift.

Patricia Morgan is a certified counsellor, speaker and author of *Love Her As She Is* and *She Said: A Tapestry of Women's Quotes*
She can be reached at 403-242-7796
or patricia@lightheartedconcepts.com or www.lightheartedconcepts.com